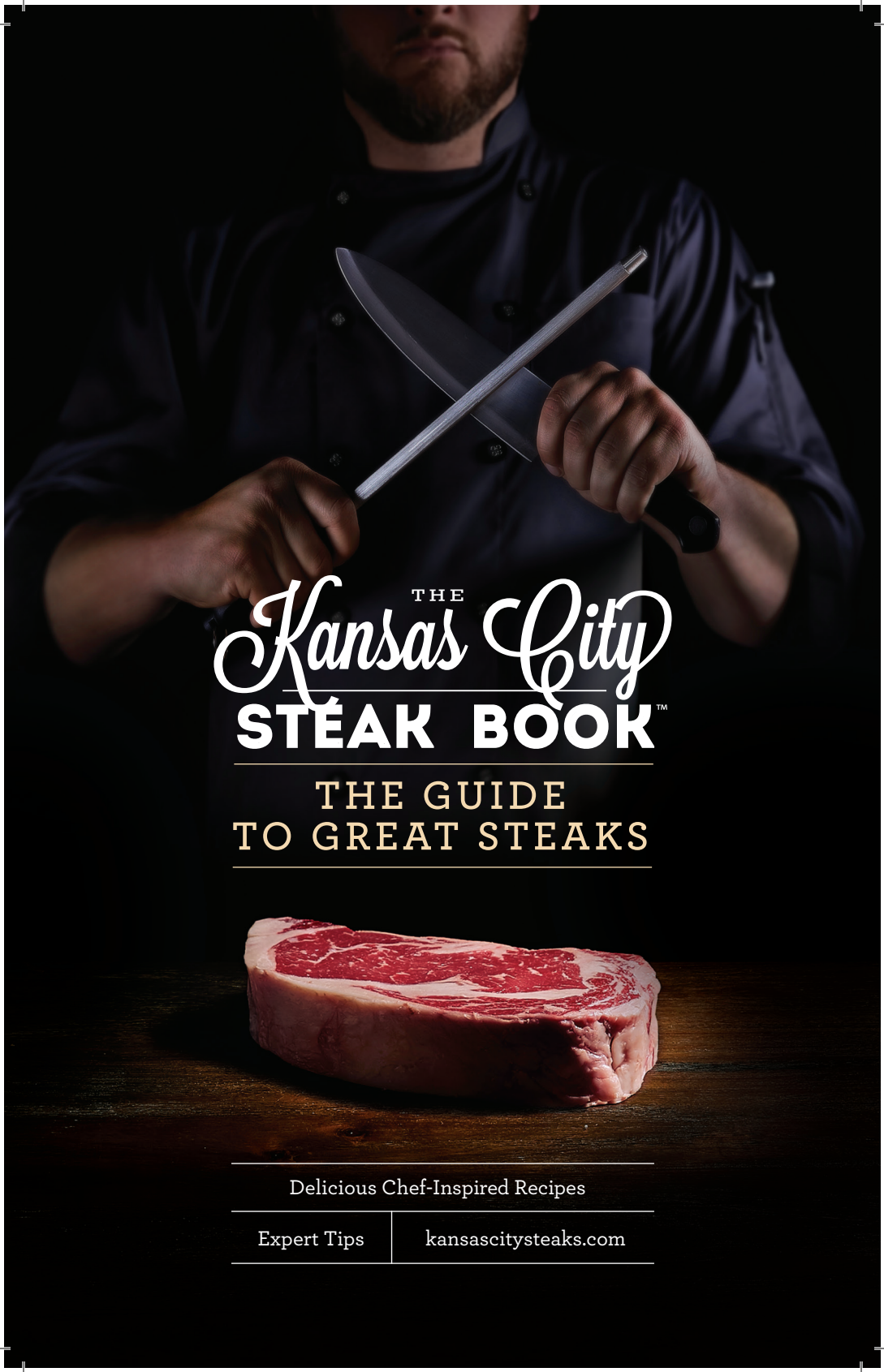
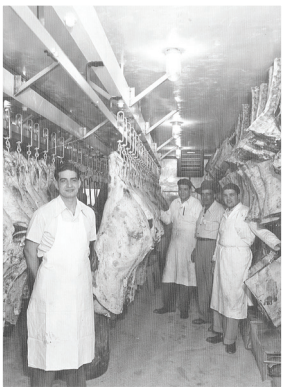


# THE Kansas City STEAK BOOK™

## THE GUIDE TO GREAT STEAKS

Delicious Chef-Inspired Recipes

Expert Tips | kansascitysteaks.com



## A TRADITION OF QUALITY

The Kansas City Steak Company started as a Midwestern family-owned business in 1932. From the beginning, we created standards to ensure the company's heritage lived on through generations and our customers received the most delicious steaks possible. Over time, these standards were defined by seven distinct characteristics of quality and value, which became The Kansas City Steak Standards.

Because we recognize that you have many choices when it comes to buying steak, we'll stop at nothing to ensure our offerings and service are of the best quality and that we exceed your expectations. From our hometown—Kansas City—straight to your table, you deserve nothing less.



# THE KANSAS CITY STEAK STANDARDS

**SOURCE**
Cattle from producers with known and approved management methods

**GRADE**
Primarily USDA Choice, USDA Prime

**CUT**
Exact specifications for trim, weight, thickness, length

**COLOR**
Consistent, cherry red colored stock (prior to aging)

**MARBLING**
Primarily cuts with moderate to abundant marbling

**TEXTURE**
Finely textured and firm

**AGING**
Up to 28 days (where appropriate)

# A SHARED BELIEF IN QUALITY

The Kansas City Steak Company is proud to be part of National Beef Packing Company, an industry leader with long-standing partnerships with some of the best cattle ranchers in America.

Our distinctly unique relationship with over 2,300 ranchers sets us apart from the competition, and ensures top-quality cattle are raised and managed correctly. Applying our shared beliefs and standards,we work together to bring the best to your table.

# TABLE OF CONTENTS


**LEARN THE BASICS**

04.... Kansas City Steak Cook Team
05.... Frequently Asked Questions
07.... Selecting the Perfect Steak
08.... Storage & Defrosting Guide
09.... Carving Your Steak & Steeling Your Knife
10.... Cooking Your Steak Perfectly
11.... Measuring Doneness
12.... The Ultimate Guide to Cooking Steak
14.... Flavorful Filet Mignon
15.... Unique & Simple Steak Toppers
16.... Rubs, Marinades, Butters & Sauces

**ENTERTAIN WITH FRIENDS**

18.... Savory Centerpieces
20.... Grilling Roasts
21.... Make Every Occasion Easy
22.... Perfecting Your Menu

**TAKE A BREAK FROM STEAK**

25.... Pork
26.... Veal
27.... Chicken
28.... Fish & Seafood
31.... Appetizers
32.... Sides
33.... Hot Dogs & Steakburgers
34.... Kansas City: We Own Barbecue

# MEET THE EXPERTS

The Kansas City Steak Cook Team is a diverse and talented group of chefs who live all over the country. These award-winning chefs have contributed some of the delicious, mouthwatering recipes and tips you'll find in this book.




## ERIC HARLAND

**STEAK EXPERT**

Food Network Star, World Food Championship Ambassador, 2015 Macy's "Grilling Guru" Champion and Hormel Chili Pro

*Kansas City*

## VERONICA CALLAGHAN

**HOME COOK**

Five Time World Food Championship Competitor and Two Time Mark West Wines Grilling Challenge Winner

*Connecticut*

## LOUIS ROBINSON

**CHEF OWNER**

Winner of Avocados from Mexico® "Guac-n-Roll" Competition and World Food Championship Competitor

*Florida*

## DAVE ELLIOT

**BBQ HOME COOK**

2013 World Food Champion and Kansas City BBQ Society Grand Champion Pitmaster of Porky McBeef and the Cluckers BBQ Team

*Kansas City*

## DARCI BOS

**CHILI HOME COOK**

World Food Championship Chili Finalist and Ambassador, 2017 Contestant on Gordon Ramsay's "The F Word" on FOX

*Nashville*

## SHERRI WILLIAMS

**GRILL MASTER**

Food Network Star, Five Time World Food Championship Competitor, 2014 Macy's "Grilling Guru" Champion, Contestant on Guy Fieri's "Guy's Big Project" 2017

*Florida*

## CORTNEY RILEY

**BLOGGER, FOOD STYLIST & HOME COOK**

Winner of Chef Roll Super Guacamole Contest 2017 and World Food Championship Competitor

*Kansas City*

## ADRIAN CRUZ

**CHEF OWNER**

James Beard Foundation Top 5 Blended Burger Winner 2016 and Culinary Fight Club Champion 2017

*Texas*

# FREQUENTLY ASKED QUESTIONS

### WHAT IS THE DIFFERENCE BETWEEN PRIME AND CHOICE CUTS OF MEAT?

To earn the USDA Prime designation, beef must earn a specific quality grade at the time of slaughter. This grade is based on a combination of marbling (the amount of fat within the Ribeye) and age of the animal. Less than 5-6 percent of all beef produced in the United States earns this designation. Marbling adds flavor, and younger beef cattle produce the most tender meat, which is why the Prime grade is given to younger cattle with the most abundant marbling. The Choice grade is given to meat that comes from younger cattle with moderate marbling. It is still very flavorful, tender and juicy.

### WHAT DOES AGING MEAN?

Beef can be wet or dry aged. In general, aging is a process which improves the tenderness and flavor of meat. Kansas City Steak Company uses a wet-aging process, which allows the steaks to age naturally in a sealed Cryovac® package. During this up-to-28-day process, beef flavor is intensified and natural tenderization takes place. We maintain this is the absolute best way to prepare meat for grilling, broiling, pan frying or oven roasting.

### KANSAS CITY STRIP OR NEW YORK STRIP?

Not to offend New Yorkers, but the "strip" cut actually originated in Kansas City. That's where cattle have roamed and have been butchered for more than a century. In the 1930s, some New York restaurant owners didn't want to sell a steak named after a Midwestern "town." The truth of the matter is that this cut is from the short loin. It can be boneless or bone-in, and is called Kansas City Strip.

### HOW LONG CAN I FREEZE MY STEAKS?

Your steaks will still be of exceptional quality for up to a year after receiving them, but for optimum taste and tenderness, we recommend enjoying them within six months. We'd bet the ranch that once you try your first steak from the Kansas City Steak Company, you won't be able to wait that long!

### WHAT'S THE DIFFERENCE BETWEEN PORTERHOUSE AND T-BONE STEAKS?

The two cuts have most everything in common, except one detail. Both have T-shaped bones and contain two cuts in one – a Kansas City Strip Steak and a Tenderloin, also called Filet Mignon. If you have a larger appetite, choose the Porterhouse, which has a larger Tenderloin. Because of this difference, the T-Bone Steak is considered a lean cut.

### IF LEAN'S YOUR THING, HERE ARE FIVE LEAN CHOICES:

Top Sirloin

Kansas City Strip

Sirloin Craft Burger

Filet Mignon (Tenderloin)

T-Bone

EXPERT TIP

"Tie up your filet mignon with some kitchen twine. This will hold it together for uniform cooking and create a beautiful presentation. For flavor, another option is basting and adding flavor layers of garlic, thyme and butter."
**– Chef Eric Harland**

# PRIMALS & STEAKS

**SHORT LOIN**

Filet Mignon

Bone-In Tenderloin Filet

Tenderloin Tips/Strips

Tenderloin Medallions

Chateaubriand

T-Bone

Porterhouse

Kansas City Strip

Bone-In Kansas City Strip

**SIRLOIN**

Top Sirloin

Sandwich Steaks

**FLANK**

Flank Steak

**RIB**

Boneless Ribeye

Frenched Bone-In Ribeye

Prime Rib Roast

Bone-In Prime Rib Roast

**PLATE**

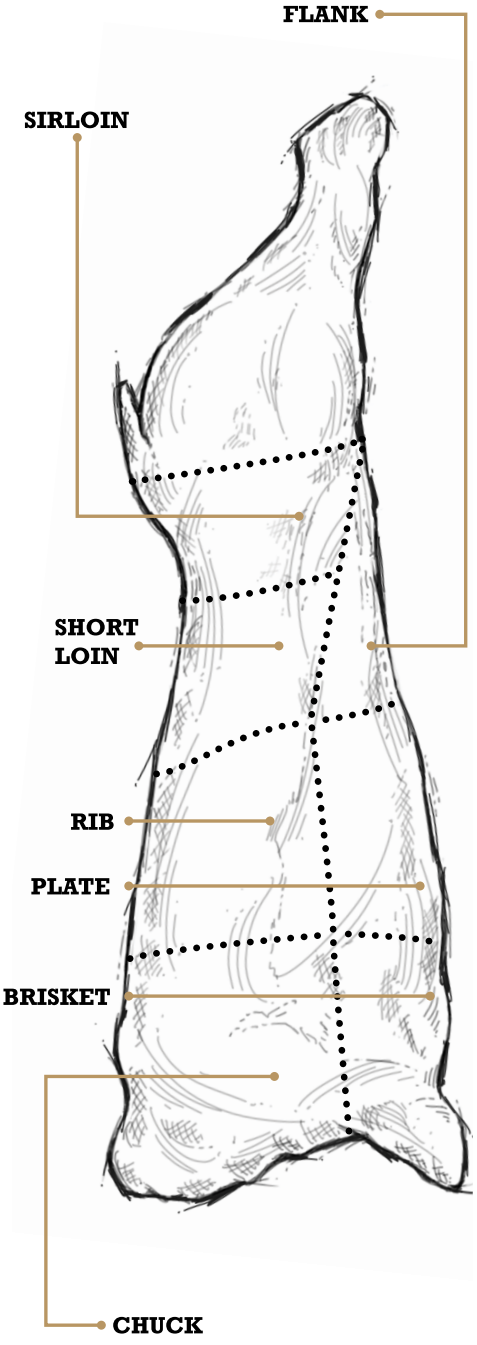
Skirt Steak

**BRISKET**

Brisket

**CHUCK**

Flat Iron



# SELECTING THE PERFECT STEAK

Preparing a memorable meal at home starts by selecting the perfect cut for your occasion. With Kansas City Steak's guarantee, you know that whatever cut you choose will be of the highest quality. A great steak is not defined by a single attribute, but by a combination of all the standards present in nearly every cut. Below are some considerations for selecting the perfect steak for any meal.

## THINGS TO LOOK FOR WHEN SELECTING THE PERFECT STEAK

### AGING IS IMPERATIVE

Sometimes beef is rushed to market in order to cut costs, but the aging process is an important component in creating a full flavored, tender steak. It's difficult to know how long the steak you buy in a supermarket has been aged, if at all. We wet-age our steaks up to 28 days, which results in great tasting, tender steaks.

### RECOGNIZE MARBLING

Marbling refers to the intermingling or dispersion of fat in the muscle of the meat. Flavor and juiciness are directly connected to marbling, which keeps the meat moist. Because this fat doesn't evaporate while cooking, the result is flavorful, juicy steak.

### PERSONAL PREFERENCE

Selecting which type of steak to enjoy is truly a personal decision. While bone-in steaks can create a dramatic presentation and boast a lot of flavor, boneless steaks tend to be easier to cut, which some find more convenient. (However, on page 9, we offer advice on carving, and- with a little practice- cutting bone-in steaks is a breeze.) So, whether it's a Kansas City Strip or Porterhouse, we say that the best type of steak is the one you prefer. Perfect for any occasion, our steaks are available in a variety of cuts and can be prepared in a variety of ways.

### TENDERNESS IS ESSENTIAL

A key component to the tenderness of your steak is knowing your cuts of beef. Some cuts, such as the Filet Mignon and Ribeye, start out a more tender cut than others. Cooking times and techniques also affect tenderness; find tips and tricks throughout this book to help you cook your Kansas City Steak perfectly. No matter the cut you select, our perfectly aged steaks ensure optimum tenderness.

### PROPER FREEZING AND THAWING

Our Flavor Lock™ System is our scientifically tested, state-of-the-art rapid freezing process. Perfectly aged, freshly cut steaks are subzero frozen, vacuum packed and shipped with dry ice straight to your door in perfect condition. Buying fresh beef and slowly freezing it at home does not create the same result. Our system stops the aging process at its peak and prevents moisture loss during thawing. Vacuum-sealed packaging protects our premium steaks from freezer burn. We strongly recommend slowly thawing our premium steaks in the refrigerator to guarantee the best results.

# STORAGE GUIDE

LEARN HOW TO STORE YOUR FLAVOR LOCK™ BEEF

Kansas City Steak Company has perfected the unique process of freezing steaks at their peak freshness: we call it Flavor Lock™. This method locks in flavor and juices and ensures your steak is of the utmost deliciousness.

| STORAGE GUIDE | | |
|---|---|---|
| | Refrigerator (35°F to 40°F) | Freezer (0°F or Colder) |
| Steaks, Roasts | 3 to 5 Days | 6 Months (for maximum flavor) to 12 Months |
| Steakburgers, Tenderloin Tips/Medallions | 1 to 2 Days | 3 to 4 Months |

# DEFROSTING GUIDE

FREEZE FAST, THAW SLOW

A simple rule to remember is: 'Freeze Fast, Thaw Slow.' Our Flavor Lock™ system guarantees our steaks are frozen at their peak. We recommend thawing slowly to maintain that quality. For best results, our recommendation is that all steaks and roasts be thawed under refrigeration. Place our unwrapped frozen beef on a plate or tray to catch any liquid. Steaks and other frozen meat are best prepared immediately after thawing.

| DEFROSTING GUIDE | |
|---|---|
| | Refrigerator (35°F to 40°F) |
| Steaks, Burgers | At Least 24 Hours |
| Roasts | Up to 3 Days Depending On The Size |

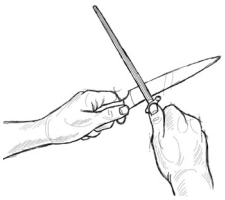
Thawing at room temperature or in the microwave is not recommended.

*Please visit kansascitysteaks.com or check individual product packaging for thawing instructions for each product. If items feel warm to the touch upon arrival, please contact Customer Service at 800.524.1844. Discard any remaining dry ice carefully. Do not touch dry ice with your bare hands.*

# HOW TO STEEL A KNIFE

MAINTAIN YOUR KNIFE'S PERFECT CUTTING QUALITIES

Contrary to popular belief, the purpose of steeling your knife is not to sharpen it by removing metal, but to restore its edge, or raise a new one. Follow these steps to help maintain your knife's cutting abilities:



1 Hold the sharpening steel with a firm grip at arms' length in front of you.



2 Hold the knife by the handle with the tip of the blade pointing upward.



3 Place the knife at a 20-degree angle with light pressure over the steel.

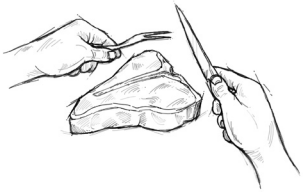
4 Move the blade from the back (wider part of the knife) to the point, by moving your arm but not the wrist.

5 After 10-20 strokes of the knife over the steel, you can test its sharpness with a piece of paper. If your knife easily cuts thin ribbons, it's good to go.

# HOW TO CARVE YOUR STEAK

THE ART OF CARVING

Bone-in cut? Don't let it intimidate you! Follow these simple steps for the perfect carve:



1 Start with a sharp knife.



2 Cut along the T bone, separating the two steaks.



3 Carve each steak crosswise into slices.

EXPERT TIP

Always carve **across** the grain, not with it.



# COOKING YOUR STEAK PERFECTLY

Cooking the perfect steak is simple when you start with our premium, high-quality Kansas City Steaks, fully defrosted (according to individual product instructions). Then choose one of our recommended cooking methods:

**GRILL MASTER (CHARCOAL/GAS)**

1. Season, as desired: We recommend Kansas City Steak Original Steak Seasoning. Wait for the steak to come to room temperature for 30-40 minutes. Place steaks over medium, ash-covered coals, or, preheat gas grill on HIGH, then reduce to medium heat while cooking steaks.
2. Grill to desired doneness, according to times listed on page 12, turning once for 1-inch thick steaks, occasionally for thicker steaks.

**STOVETOP SKILLET**

1. Heat a heavy nonstick skillet over medium heat until hot, for about 5 minutes.
2. Season, as desired. We recommend Kansas City Steak Original Steak Seasoning. Wait for the steak to come to room temperature for 30-40 minutes. Place steak(s) in preheated skillet (do not overcrowd). Do not add oil or water. Do not cover. Cook to desired doneness according to the times listed on page 12, turning once for 1-inch thick steaks, occasionally for thicker steaks.

**BROIL**

1. Set oven for broiling; preheat 10 minutes. During broiling, the door of an electric oven should be left ajar; the door of a gas oven should remain closed. (Consult your owner's manual.)
2. Season, as desired. We recommend Kansas City Steak Original Steak Seasoning. Wait for the steak to come to room temperature for 30-40 minutes. Place steaks on rack in broiler pan. Position broiler pan so that the surface of the beef is 3 to 4-inches from the heat. Broil to desired doneness, according to times listed on page 12, turning once.

# SELECTING YOUR STEAK TYPE

**USDA PRIME**

Only the top 5 to 6 percent of all beef earn the industry rating of USDA 'Prime.' The marbling in Prime Beef, which gives the steak its juiciness, tenderness and flavor, is simply exceptional. Our Prime Steak meets even higher standards to be called Private Stock®.

**USDA CHOICE**

USDA Choice Beef is high-quality and has moderate marbling. It is juicy, extremely tender and full-flavored, making it ideal for grilling, roasting or broiling.

**VEAL**

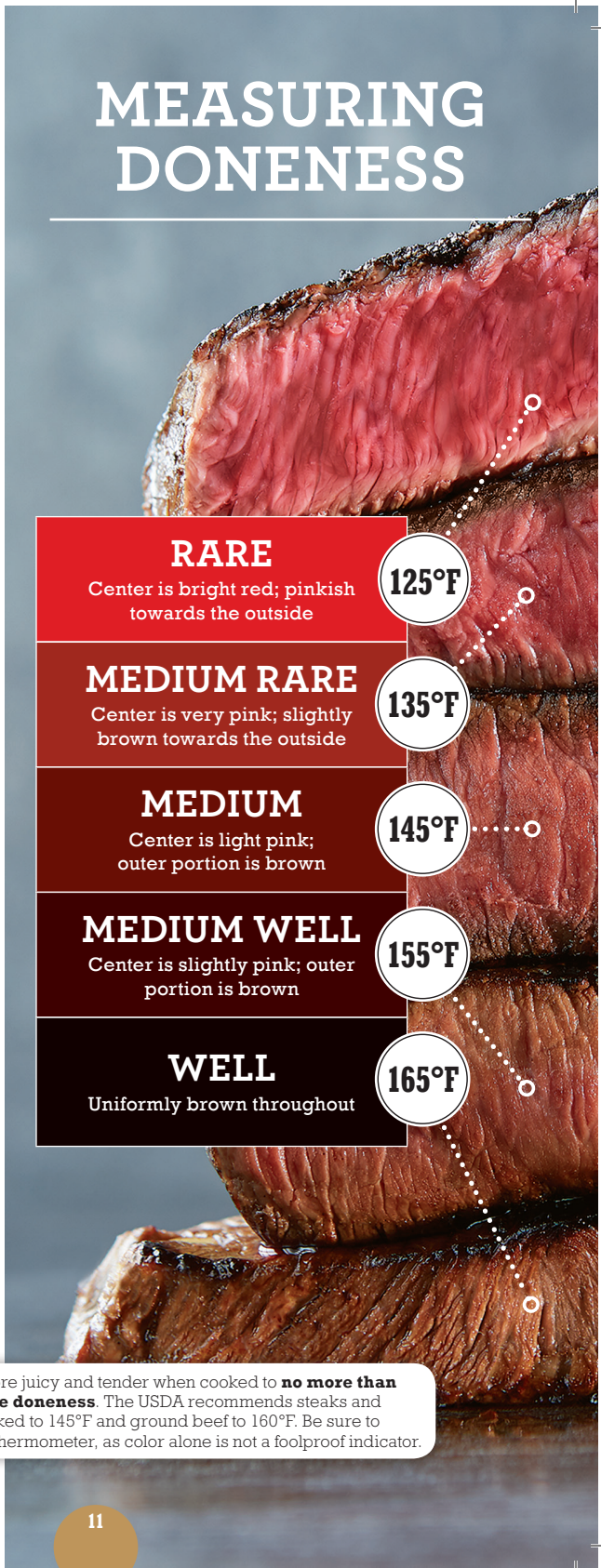
Most veal comes from young males of dairy breeds which are not used for breeding. Veal is extremely tender and is ideal for a savory meal.

**KOBE**

Bred from the world-famous line of Wagyu cattle in Japan, our Wagyu American Kobe Beef is exquisitely marbled for peak flavor. Because it is a delicate cut, it should be seared at extremely high temperatures and should be cooked to medium-rare to enjoy at its best.

**Check out kansascitysteaks.com for seasonal offerings.**

# MEASURING DONENESS




EXPERT TIP

Steaks are more juicy and tender when cooked to **no more than medium-rare doneness**. The USDA recommends steaks and roasts be cooked to 145°F and ground beef to 160°F. Be sure to check with a thermometer, as color alone is not a foolproof indicator.

# ULTIMATE GUIDE TO COOKING STEAK

To provide you with exact weight steaks, the thickness of beef will vary. Below are cooking guidelines for several measures of thickness. If your steak is slightly thicker or thinner, adjust the cooking times accordingly. Cooking times are based on fully thawed steaks. We recommend cooking to 135°F-145°F for medium-rare to medium doneness.

We recommend searing seasoned steaks for 1-2 minutes on each side on high heat; reduce heat to medium. Move steaks to indirect heat and continue grilling using times based on thickness, flipping halfway through. Remove 5°F below desired doneness. Let stand for 5 minutes.

*Cooking times are based on fully-thawed steaks. These are suggested guidelines only. We highly recommend using a meat thermometer for additional accuracy.*



## FILET MIGNON

| Gas Grill | Charcoal Grill | Skillet | Broil |
|---|---|---|---|
| 1" \| 7-8 min<br>1½" \| 9-11 mins | 1" \| 7-8 min<br>1½" \| 9-11 mins | 1" \| 7-8 min<br>1½" \| 9-11 mins | 1" \| 9-12 min<br>1½" \| 14-16 min |



## KANSAS CITY STRIP STEAKS | BONELESS

| Gas Grill | Charcoal Grill | Skillet | Broil |
|---|---|---|---|
| 1" \| 9-12 min<br>1½" \| 12-14 mins | 1" \| 9-12 min<br>1½" \| 12-14 mins | 1" \| 12-13 min<br>1½" \| 13-15 mins | 1" \| 10-12 min<br>1½" \| 12-15 min |



## KANSAS CITY STRIP STEAKS | BONE-IN

| Gas Grill | Charcoal Grill | Skillet | Broil |
|---|---|---|---|
| 1" \| 10-13 min<br>1½" \| 13-15 mins | 1" \| 10-13 min<br>1½" \| 13-15 mins | 1" \| 13-15 min<br>1½" \| 14-15 mins | 1" \| 12-14 min<br>1½" \| 14-16 min |



## RIBEYE STEAKS | BONELESS

| Gas Grill | Charcoal Grill | Skillet | Broil |
|---|---|---|---|
| 1" \| 9-12 min<br>1½" \| 12-15 mins | 1" \| 9-12 min<br>1½" \| 12-15 mins | 1" \| 12-14 min<br>1½" \| 14-16 mins | 1" \| 10-12 min<br>1½" \| 12-15 min |



## RIBEYE STEAKS | BONE-IN

| Gas Grill | Charcoal Grill | Skillet | Broil |
|---|---|---|---|
| 1" \| 10-12 min<br>1½" \| 13-17 mins | 1" \| 10-12 min<br>1½" \| 13-17 mins | 1" \| 13-15 min<br>1½" \| 15-17 mins | 1" \| 12-14 min<br>1½" \| 14-16 min |

## PORTERHOUSE

| Gas Grill | Charcoal Grill | Skillet | Broil |
|---|---|---|---|
| 1" \| 10-13 min<br>1½" \| 14-17 min | 1" \| 10-13 min<br>1½" \| 14-17 min | 1" \| 13-15 min<br>1½" \| 15-17 min | 1" \| 13-15 min<br>1½" \| 16-18 min |



## T-BONE STEAKS

| Gas Grill | Charcoal Grill | Skillet | Broil |
|---|---|---|---|
| 1" \| 10-13 min<br>1½" \| 14-17 min | 1" \| 10-13 min<br>1½" \| 14-17 min | 1" \| 13-15 min<br>1½" \| 15-17 min | 1" \| 13-15 min<br>1½" \| 16-18 min |



## TOP SIRLOIN STEAKS

| Gas Grill | Charcoal Grill | Skillet | Broil |
|---|---|---|---|
| 1" \| 9-12 min<br>1½" \| 12-15 min | 1" \| 9-12 min<br>1½" \| 12-15 min | 1" \| 12-14 min<br>1½" \| 14-16 min | 1" \| 10-12 min<br>1½" \| 12-15 min |



## STEAKBURGERS

| Gas Grill | Charcoal Grill | Skillet | Broil |
|---|---|---|---|
| ½" \| 7-9 min<br>¾" \| 10-12 min | ½" \| 7-9 min<br>¾" \| 10-12 min | ½" \| 8-10 min<br>¾" \| 11-13 min | ½" \| 7-10 min<br>¾" \| 10-12 min |



**USDA recommends all burgers be cooked to an internal temperature of 160°F. Be sure to check with a thermometer as color alone is not a foolproof indicator.*

## TENDERLOIN TIPS/MEDALLIONS

| Gas Grill | Charcoal Grill | Skillet | Broil |
|---|---|---|---|
| 4-7 mins | 4-7 mins | 3-5 mins | 5-7 mins |



### GRILLING INSTRUCTIONS FOR STEAKS THICKER THAN 2"

1. Thaw on a plate in the refrigerator for at least 24 hours.
2. Pat dry and season steaks as desired on all sides; we recommend Kansas City Steak Original Steak Seasoning.
3. Wait for the steak to come to room temperature for 30-40 minutes.
4. Lightly brush steaks with a neutral oil.
5. Position your coals to form a hot side and a cool side in your grill or, on gas grill, preheat one side to high and one side to low.
6. Put the steaks on the high-heat side of the grill until they develop a rich brown crust, about 4 minutes. Turn the steaks and brown them for 4 minutes or so on the other side.
7. Check the internal temperature of the steak. If not done, move the steaks to the low-heat side and close the grill. Remove from grill when steaks are 10°F below desired doneness (135°F for medium-rare/145°F for medium).
8. Sprinkle with additional seasoning (optional) and rest for 5-10 minutes before serving.



# FLAVORFUL FILET MIGNON

## FILET MIGNON GRILLING INSTRUCTIONS FOR PREHEATED GAS GRILL OR RED-HOT CHARCOAL

- Bring thawed steaks to room temperature. Sprinkle generously with our Kansas City Steak Original Steak Seasoning.
- Sear steaks over maximum heat: on a charcoal grill, sear 1 minute each side; on a gas grill, sear 2 minutes each side, then reduce heat to medium.
- Move steaks to indirect heat and continue grilling using times based on thickness: 7 to 8 minutes if 1" thick or 9 to 11 minutes if 1-1/2" thick.

Remove from grill 5°F before desired doneness and allow meat to rest 5 minutes before serving. Juices will be absorbed into the meat and bring meat up to desired temperature. For more information on grilling, visit kansascitysteaks.com/grilling-101.

## CHEF'S TECHNIQUE FOR KCS CROWN FILET MIGNON®

Please take special care when preparing our Crown Filet Mignon steaks. They are thicker than average, and are best enjoyed when cooked according to our own chef's technique.

- Heat oven to 350°F. Heat heavy, ovenproof nonstick or seasoned cast iron skillet over medium heat on stove top until hot.
- Sear the steaks on one side, about 2 minutes, then turn steaks and place skillet in 350°F oven.
- Cook, uncovered, 17 to 22 minutes for medium-rare doneness; 23 to 28 minutes for medium doneness.
- Remove from oven when steaks are 5°F below desired doneness. Remove from skillet and let stand 5 minutes.

Make a simple pan sauce or simply deglaze the pan with some beef stock and pour over the steaks. Enjoy!

# UNIQUE & SIMPLE STEAK TOPPERS

Once you've grilled up the perfect steak, add an unexpected, unique flavor twist with one of these simple toppers.

**BASIL PESTO**
Spread a spoonful of basil pesto on top of hot grilled steaks; top with diced tomato and shredded Parmesan cheese



**BLUE CHEESE**
Sprinkle crumbled blue cheese on hot steaks

**HORSERADISH**
Drizzle hot steaks with horseradish sauce; sprinkle with chopped celery leaves

**MEXICAN TWIST**
Spoon on fresh Pico de Gallo and sprinkle with crumbled Queso Fresco



**FRIED EGG**
Top with a fried egg

**CARAMELIZED ONIONS**
Caramelized onions and crispy prosciutto or bacon



**RANCH STYLE**
Drizzle with ranch dressing; sprinkle with blue cheese crumbles and crispy onions

**GREEK STYLE**
Chopped cucumbers, tomatoes and green onion; drizzle with tzatziki sauce



**CAPRESE MIX**
Chopped tomatoes, pearl-size fresh mozzarella and thinly sliced fresh basil



EXPERT TIP

**What is umami?** (pronounced oo-MOM-ee) is the fifth taste - sweet, salty, bitter, sour and umami. Umami is described as meaty and savory. Beef is a natural source of umami, other umami-rich ingredients include: ripe tomatoes (and canned tomato sauces, paste, ketchup), mushrooms, aged cheeses, fermented fish sauces, soy sauce and Worcestershire sauce.

# RUBS

Dry rubs contain herbs, spices and other dry seasonings and add flavor to steaks. Paste rubs typically contain oil-based ingredients such as mustard, olive oil or crushed garlic. Below are some of our favorites. *Visit your local spice market or check online for ingredients that might be difficult to find.*



### SOUTHWEST

Combine 2 tsp. sea salt, 2 tsp. freshly ground black pepper, 1 tsp. chili powder, 1 tsp. ground cumin, ½ tsp. garlic powder, ½ tsp. onion powder and ½ tsp. sweet smoked paprika in a small bowl. Store in cool dry place in an airtight container.

### BLOODY MARY STEAK RUB

Combine 3 Tbsp. celery salt, 2 Tbsp. Worcestershire powder, 1 Tbsp. paprika, 1 Tbsp. horseradish powder, 2 tsp. black pepper, 1 tsp. granulated onion, 1 tsp. granulated garlic, 1 tsp. tomato powder, 1 tsp. brown sugar, ½ tsp. cayenne, ½ tsp. celery seeds, ¼ tsp. vinegar powder in a small bowl.

**– Chef Eric Harland**

### THE FARMHOUSE RUB

Combine 6 Tbsp. kosher salt, 2 Tbsp. onion powder, 2 Tbsp. garlic powder, 2 Tbsp. celery salt, 4 tsp. smoked paprika, 2 Tbsp. coarse ground black pepper, 2½ Tbsp. Turbinado sugar, 1 tsp. nutmeg in a small bowl. This Midwestern farm-to-table rub is enough for 12 KC Strip Steaks.

**– Chef Eric Harland**

# MARINADES

Steaks can be marinated for flavor or tenderness. Tenderizing marinades must contain an acidic ingredient (wine, lemon or lime juice) or a natural tenderizing enzyme (ginger, pineapple, papaya) and a longer marinating time. Place steak(s) in a resealable plastic bag. Pour marinade into bag and seal. Marinate in refrigerator for up to 2 hours (tender steak cuts), 6 to 8 hours or overnight (less tender steak cuts). Please keep in mind that over-marinating with acidic ingredients may make your steak mushy.



### GARLIC HERB

Combine ¼ cup extra virgin olive oil, ¼ cup minced garlic, ¼ cup minced fresh oregano, 3 Tbsp. Fleur de Sel, 3 Tbsp. fresh ground black pepper, 1 red onion, sliced and ¼ cup Worcestershire sauce in small bowl.

### MUSTARD JALAPEÑO

Combine ½ cup vegetable oil, ¼ cup Worcestershire sauce, ¼ cup spicy brown mustard, 2 Tbsp. soy sauce, 1 small white onion, minced, 1 jalapeño pepper, minced, 1 Tbsp. salt and 1 garlic clove, minced in small bowl.

### SWEET & SPICY ASIAN MARINADE

Whisk together ½ cup soy sauce, 2 Tbsp. Worcestershire sauce, 2 Tbsp. brown sugar, 1 Tbsp. hot mustard, 1 tsp. minced garlic, 1 tsp. sesame oil, ½ tsp. pepper, ½ tsp. red pepper flakes in a medium bowl.

**– Chef Darci Bos**

# COMPOUND BUTTERS

Compound butters are highly seasoned and a simple way to add flavor. Try one of our finishing butters or create your own. Shape butter into a log on wax paper. Fold paper over butter, twisting ends. Refrigerate for 2 hours. This can be frozen for later use. Slice thinly and put on freshly prepared steaks.







### HERBED GORGONZOLA

In a food processor, finely chop 1/3 cup (packed) flat leaf parsley and 1 tsp. fresh thyme leaves. Add ½ cup (1 stick) unsalted butter, softened; process until smooth. Add 3 oz. gorgonzola, 3 Tbsp. thinly chopped chives, ½ tsp. salt and ¼ tsp. freshly ground pepper; pulse until blended.

### SPICY CHIVE

Combine ¼ cup unsalted butter, softened, 1 Tbsp. finely chopped fresh chives, ½ Tbsp. finely chopped fresh parsley, 1 tsp. garlic salt, ½ tsp. fresh ground black pepper, ½ tsp. paprika, ½ tsp. red pepper flakes and, if desired, ½ tsp. curry and ½ tsp. chili powder in a small bowl.

### PANCETTA BUTTER

Cook 2 to 3 slices pancetta or bacon and save the rendered fat. Chop the pancetta. Combine pancetta, reserved fat, ½ cup (1 stick) butter, softened, 1 Tbsp. chopped shallot, 1 tsp. chopped parsley, ¼ tsp. chopped garlic, the juice and zest of 1 lemon in small bowl. Season with salt and pepper to taste.

# SAUCES

One secret to making a great steak is serving it with a sauce.
Start from scratch using one of these easy recipes.







### CHIMICHURRI

Place 1 cup extra virgin olive oil, 2/3 cup sherry vinegar, 2 Tbsp. fresh lemon juice, 1 cup chopped flat leaf parsley, ¼ cup chopped fresh basil, 1 Tbsp. chopped fresh oregano, 3 Tbsp. minced garlic, 2 Tbsp. minced shallot, 2 tsp. kosher salt, 1 tsp. cracked black pepper and ½ tsp. crushed red pepper in a food processor; pulse to finely chop. Reserve 1 cup to serve as sauce. Marinate steaks in remaining chimichurri for up to 2 hours before grilling.

### WICKED WASABI AVOCADO

Place 1 avocado, peeled, cored and chopped, 1½ tsp. wasabi paste, 1 tsp. roasted garlic paste, 1 Tbsp. mayonnaise, 1 Tbsp. sour cream, 1 serrano pepper, finely chopped, zest and juice of 1 lime, 2 Tbsp. chopped cilantro and ½ tsp. smoked sea salt. Put ingredients into a blender; blend until desired creaminess. Season with salt to taste. Refrigerate until serving.

**– Chef Sherri Williams**

### SUPER GARLIC STEAK

Place 6 cloves peeled garlic, ¾ cup extra virgin olive oil, ¼ cup balsamic vinegar, 1 Tbsp. white vinegar, 1 Tbsp. Worcestershire sauce and 1 Tbsp. soy sauce in blender; process until smooth. Season with ground ginger, salt and black pepper to taste. Serve with grilled steaks.



# SAVORY CENTERPIECES

## IMPRESS YOUR GUESTS WITH A DELICIOUS CENTERPIECE

Whether cooking for family and friends, a celebration, or simply to indulge, these simple roasting steps will set you up for a successful, savory meal.

### BONELESS BEEF PRIME RIB ROAST

- Thaw roast on a plate in the refrigerator for at least three days before preparing. Place meat fat side up on a rack, in a shallow roasting pan. Season with our Kansas City Steak Original Steak Seasoning* (if included in your order). Rub evenly over surface of netted roast, leaving netting on while cooking. Do not add water or cover.
- Roast in 375°F oven until meat thermometer inserted into the center of the roast registers an internal temperature of 135°F (approximately 1½ hours) for medium rare or 145°F (approximately 1½-2 hours) for medium**.
- Cover roast with aluminum foil and allow to stand 15 to 20 minutes, roast will rise 10°F. Remove netting and trim excess fat before carving.

### BEEF TENDERLOIN ROAST

- Thaw roast on a plate in the refrigerator for at least two days before preparing. Rub roast with softened butter then sprinkle with our Kansas City Steak Original Steak Seasoning or coarse salt. Place meat fat side up on a rack in a shallow roasting pan. Do not add water or cover.
- Roast in 450°F degree oven until the meat thermometer registers 135°F (about 30 minutes). Beef Tenderloin is best when cooked to medium rare doneness. Well done is not recommended because the meat becomes dry and has less flavor. Allow roast to rest for 10 minutes before slicing, roast will rise 10°F.

** Some roasts are pre-seasoned and will not include seasoning packets in your shipment.*

*** Our roasts are available in various sizes, adjust cooking times when appropriate. We suggest using a meat thermometer to ensure proper doneness.*



## BEEF TENDERLOIN ROAST (2 LBS.)

| THAW TIME: 2 DAYS | OVEN TEMP: 450°F |
|---|---|
| COOK TIME | DONENESS |
| 25 to 30 min. | Medium Rare (135°F) |
| 30 to 35 min. | Medium (145°F) |

*For another great recipe, go to: kansascitysteaks.com/recipe/marinated-and-grilled-tenderloin-roast*



## BONE-IN BEEF PRIME RIB ROAST (5½ LBS.)

THAW TIME: 3 DAYS

| STARTING OVEN TEMP: 450°F (for 15 minutes) OVEN TEMP: 275°F | |
|---|---|
| COOK TIME | DONENESS |
| ~1-1/2 to 2 hrs | Medium Rare (135°F) |
| 2 to 2-1/2 hrs | Medium (145°F) |

## RACK OF LAMB (2 LBS.)

| THAW TIME: 1 DAY | OVEN TEMP: 375°F |
|---|---|
| COOK TIME | DONENESS |
| 55 to 65 min. | Medium Rare (145°F) |
| 1 to 1¼ hrs. | Medium (160°F) |

***Note:*** *Lightly brush lamb with olive oil and season with salt, pepper and crushed rosemary or favorite herb.*

## LEG OF LAMB (6-7 LBS.)

| THAW TIME: 2-3 DAYS | OVEN TEMP: 325°F |
|---|---|
| COOK TIME | DONENESS |
| 1½ to 2 hrs. | Medium Rare (145°F) |
| 2 to 2½ hrs. | Medium (160°F) |



## BONELESS BEEF PRIME RIB ROAST (3½-6 LBS.)

| THAW TIME: 3 DAYS | OVEN TEMP: 375°F |
|---|---|
| COOK TIME | DONENESS |
| 1 to 1½ hrs. (3-4 lbs.) | Medium Rare (135°F) |
| 1½ to 2 hrs. (3-4lbs.) | Medium (145°F) |
| 1½ to 2 hrs. (4-6lbs.) | Medium Rare (135°F) |
| 2 to 2¼ hrs. (4-6lbs.) | Medium (145°F) |



## HICKORY SMOKED TURKEY (9-11 LBS.) HERB ROASTED TURKEY (10-12 LBS.)

To heat, remove plastic wrapping and rewrap thawed turkey in aluminum foil. Heat in preheated 350°F oven for 1¼ to 1¾ hours or until 140°F. Let rest 15 minutes before serving.

***Notes:*** *Turkey will be slightly pink due to smoking process. Do not stuff turkey, by the time the stuffing is done the turkey would be overcooked and dry. Cook stuffing separately. For carving instructions, go to:* ***kansascitysteaks.com/recipe-carve***



## HICKORY SMOKED HAM BONE-IN (7¼-8½ lbs.), BONELESS (4½-5½ lbs.)

To heat, remove all packaging materials including the clear plastic button on bone. Place ham flat side down in pan. Heat in preheated 350°F oven for 60-75 minutes (bone-in ham) and for 30 minutes (boneless ham) or until 140°F.

***To glaze ham:*** *Remove the ham from the oven; increase oven to 425°F. Prepare glaze according to packet directions. Brush glaze over ham. Return to oven for 10 minutes.*

Let rest 15 minutes before serving.

# DEFINITIVE GUIDE TO GRILLING ROASTS

GRILLING 101



## PRIME RIB PERFECTION ON THE GRILL IS AS EASY AS 1-2-3

1 Prepare charcoal grill for indirect cooking by placing an aluminum foil drip pan in the center, then arranging an equal number of charcoal briquettes on each side. When coals are medium, ash-covered (about 25 minutes), add a few new briquettes to each side. Position the cooking rack handles over coals so adding extra briquettes is easy.

2 Season thawed Beef Prime Rib; place on cooking rack directly over drip pan.

3 Cover with grill lid and grill until thickest part of roast reaches internal temperature 125°F for rare, 135°F for medium rare, 145°F for medium, 155°F for medium well and 165°F for well done. Turning is usually not necessary. Add three to four additional briquettes to each side every 30 minutes or as necessary to maintain proper heat during grilling. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 minutes. The temperature will continue to rise about 10°F to reach desired doneness and roast will be easier to carve.

***Note:*** *If using a gas grill, omit the aluminum foil drip pan. Preheat the grill on high. Place the Beef Prime Rib in the center, turning off the burner(s) directly under the roast. Cover and grill until desired doneness (see Step 3 above).*



## YOUR PERFECT GRILLED BEEF TENDERLOIN ROAST IN 3 EASY STEPS

1 Prepare charcoal grill for indirect cooking by arranging an equal number of charcoal briquettes on each side. When coals are medium, ash-covered (about 25 minutes), add a few new briquettes to each side. Position the cooking rack handles over coals so adding extra briquettes is easy.

2 Place thawed seasoned Beef Tenderloin Roast on cooking rack directly over the coals; sear 5 to 10 minutes until nicely browned. Move roast to center for indirect cooking.

3 Cover with grill lid and grill until thickest part of roast reaches internal temperature 125°F for rare, 135°F for medium rare, 145°F for medium, 155°F for medium well and 165°F for well done. Turning is usually not necessary. Add three to four additional briquettes to each side every 30 minutes or as necessary to maintain proper heat during grilling. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 minutes. The temperature will continue to rise about 10°F to reach desired doneness and roast will be easier to carve.

***Note:*** *If using a gas grill, preheat the grill on high. Sear Beef Tenderloin Roast 5 to 10 minutes until nicely browned. Move to the center, turning off the burner(s) directly under the roast. Cover and grill until desired doneness (see Step 3 above).*

## STORING LEFTOVERS

Cook once, eat twice! After entertaining, leftovers provide a bonus meal or two after the party. Here are a few tips for safely storing leftovers:

Keep bacteria out and protect the flavor of leftovers by storing them in airtight storage containers or aluminum foil. Slice roasts, turkeys and ham into smaller pieces and divide into containers; cool foods rapidly by refrigerating or freezing within 2 hours. Leftovers should be eaten within 3 to 4 days or can be frozen for 3 to 4 months. After thawing frozen leftovers in the refrigerator or microwave, they should be eaten within 3 to 4 days.

# MAKE EVERY OCCASION EASY

## UNFORGETTABLE MEALS TO IMPRESS YOUR GUESTS

Whether you're hosting a dinner party, or just looking to shake up a Tuesday night dinner, check out these dishes and use them as inspiration to serve up something unforgettable.



### BEEF TENDERLOIN TIPS

Cut from the Tenderloin, these pieces are so tender you will want to add them to your favorite stove top stir-fry, toss them sautéed on a salad or combine them with your favorite vegetables for a grilled kabob.



### TOP SIRLOIN SANDWICH STEAKS

From appetizers to salads, small meals to steak and eggs, the opportunities for our boneless Top Sirloin Sandwich Steaks are endless. Of course, our 4 oz. steaks are perfect for sandwiches, too.
**THAW** on a plate in refrigerator for at least 24 hours.

**SKILLET:** Heat a heavy, nonstick skillet over medium high heat until hot. Add steaks; cook 1.5 to 2 minutes per side to medium rare doneness, turning once.



### BEEF TENDERLOIN MEDALLIONS

Cut from aged Tenderloin, these petite 2-oz. Filet Mignon Medallions have all the melt-in-your-mouth tenderness as our traditional Filets. Fitting for a lighter meal, they are also perfect for kabobs, stir-fries, steak salad or even a treat at breakfast.



### BEEF WELLINGTON

A meal to behold. Our Beef Wellington delivers a gourmet look and taste to your dinner table. The finest beef Filet Mignon are layered with a savory mushroom duxelles before being wrapped in a light, flaky puff pastry. Simply bake and serve for an elegant and delicious meal that is sure to impress your guests.
**THAW** on a plate in the refrigerator overnight.

**COOKING INSTRUCTIONS:** Position a rack in the upper third of an oven and preheat to 400°F. Place the Beef Wellington on a greased baking sheet. Bake until the pastry is golden brown and a meat thermometer inserted into the center registers 130°F-135°F for medium rare (22-25 minutes), or 145°F for medium (25-28 minutes). Let rest 5 minutes before serving. Appliances vary; adjust accordingly.

EXPERT TIP

"An impressive meal doesn't have to be difficult to prepare - savory options like these are convenient and sure to please!"
**– Chef Darci Bos**



# PERFECTING YOUR MENU

When it comes to entertaining, sometimes the hardest part is deciding what to serve. To help, we've created four superb and super easy menus. Simply add a few of your own family favorites, or leave it all to us, and enjoy your party.

"Nothing beats a flavorful steak while cooking for a dinner party. While applying rubs, the best utensils for cooking are your hands. Show your steaks some love!"

***– Chef Sherri Williams***

# ENTERTAINING WITH EASE

SIT BACK, RELAX AND ENJOY THE MEAL

Celebrate a special occasion, and spend little time in the kitchen.
Count on us to pull together all you need to serve up one of these delicious menus.

## EVERY DAY IS FATHER'S DAY

*Appetizer*
Maryland Style Crab Cakes

*Salad*
Iceberg Wedge Salad with KCS Bacon crumbled alongside fresh Gorgonzola and vine ripe cherry tomatoes topped with blue cheese dressing

*Center of the Plate*
Filet Mignon
Kansas City Strip

*Side*
Twice Baked Potato

*Dessert*
Mississippi Mud Cake

## HAPPY HOLIDAYS

*Appetizer*
Mini Beef Wellington

*Salad*
Poached pear salad with blue cheese, candied walnuts and KCS Bacon

*Center of the Plate*
Prime Rib Roast
Whole Turkey

*Side*
Hashbrown Casserole
Creamed Spinach

*Dessert*
Chocolate Truffle Lava Cake

## EASTER MEANS SPRINGTIME

*Appetizer*
Brie en Croute with Raspberry

*Salad*
Grilled asparagus with a poached egg, KCS crumbled Bacon freshly dressed in a champagne vinaigrette sprinkled with fresh Parmesan

*Center of the Plate*
Roasted Rack of Lamb
Hickory Smoked Ham

*Side*
Baked Potato Casserole

*Dessert*
New York Style Cheesecake

## SUMMERTIME GRILL

*Appetizer*
Crispy Asiago Asparagus

*Salad*
KCS Bacon and sweet balsamic glaze come together in an explosion of flavors to make a savory watermelon salad topped with fresh basil and mint

*Center of the Plate*
Grilled Brisket Burgers & Dogs
Lobster Tails

*Side*
Steak Fries

*Dessert*
Lemon Cream Cake

For more menu ideas, visit **kansascitysteaks.com/combos**



# TAKE A BREAK FROM STEAK

In addition to restaurant quality steaks, the Kansas City Steak Company sells other incredible, flavorful products. From double smoked bacon to tenderloin, our pork offerings make fantastic meals that are far from ordinary. If you're in need of a meal that will really wow your guests, our veal and seafood will do the trick. Whether it's Veal Osso Buco, salmon or lobster tails or creating a memorable surf and turf experience, we have what you need. We also offer chicken options, including Stuffed Chicken Breasts and Chicken Wellington. If you're in the mood to throw some boneless chicken breasts on the grill at a barbeque, we've got you covered.

"Try blending some bourbon with brown sugar, soy sauce, garlic and Dijon mustard for a sweet and tangy glaze to brush on your wild sockeye salmon."

***– Chef Adrian Cruz***



## BERKSHIRE PORK LONG BONE CHOPS

**THAW** on a plate in the refrigerator overnight.

**GRILL:** Cook either on the grill, or in a grill pan, to an internal temperature of 145°F (medium rare) or 160°F (medium). When cooking pork, you want a slight pink color.



## BERKSHIRE PORK TENDERLOIN

**THAW** on a plate in the refrigerator overnight. Pork tenderloins will cook quickly and can be prepared simply as is, dry rubbed or seasoned with marinades. You can also slice into medallions and sauté.

**OVEN:** Preheat oven to 350°F. After seasoning to taste, sear the tenderloin on all sides in a hot skillet with a small amount of olive oil. Move tenderloin into a shallow pan. Do not add liquid; do not cover. Place in oven for approximately 20 minutes or until 145°F (medium rare) or 160°F (medium). Remove from heat and cover for 10 minutes. When cooking pork, you want a slight pink color.

## BACON

Peppered, Hickory Smoked, Applewood Double Smoked (12–14 slices per pound)

**THAW** on a plate in the refrigerator. Once thawed, uncooked bacon should be refrigerated and used within 1 week.

**STOVE TOP:** Place bacon in unheated skillet. Cook over medium low heat to desired crispness; turn frequently.

**OVEN:** Preheat oven to 350°F. Place slices of bacon on baking pan with edges. Cook to desired crispness.

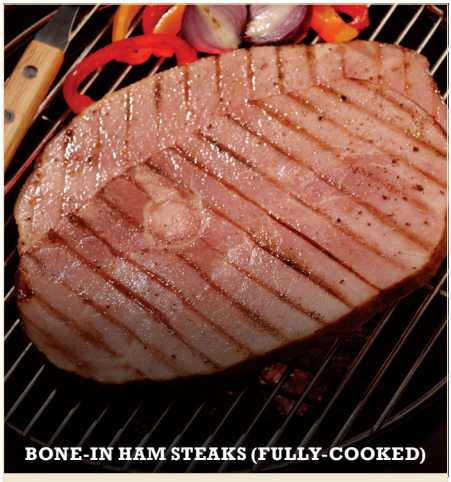


## BACON WRAPPED PORK CHOPS

**THAW** on a plate in the refrigerator overnight.

**GRILL:** Season pork chops with Kansas City Steak Original Steak Seasoning or your own seasoning blend and let rest on a lined sheet pan for 10 minutes. Preheat grill to medium high, when grill is ready place pork chop on foil. Cook covered over indirect heat for approximately 20 to 25 minutes or until internal temperature reaches 160°F as measured by a thermometer. Allow to rest for 3-5 minutes before serving.

**OVEN:** Preheat oven to 350°F. Place chops on foil-lined, raised-edge baking sheet. Bake for approximately 25 minutes or until 160°F. As always, when cooking pork, you want a slight pink color.



## BONE-IN HAM STEAKS (FULLY-COOKED)

**THAW** on a plate in the refrigerator overnight.

**STOVE TOP:** Sauté lightly in pan with skillet seasoning or butter. Do not overcook, just heat through.



## VEAL CUTLETS

**THAW** on a plate in the refrigerator 6 to 8 hours or overnight.

**STOVE TOP:** Heat a small amount of oil in a heavy, nonstick skillet over medium-high heat until hot. Add cutlets; cook 3 to 4 minutes (⅛" thick) or 5 to 6 minutes (¼" thick), turning once. Remove and serve immediately.



## VEAL RIB CHOPS

**THAW** on a plate in the refrigerator overnight.

**GRILL:** Place chops over medium, ash-covered coals for charcoal grilling. Preheat gas grills on high, then reduce heat to medium heat while cooking chops. Grill about 12 to 14 minutes for medium doneness, turning once.

**STOVE TOP:** Heat a heavy nonstick skillet over medium heat until hot, about 5 minutes. Season, as desired. Place chop(s) in preheated skillet (do not overcrowd). Do not add oil or water. Do not cover. Cook 10 minutes for medium doneness, turning once. Season as desired. Place chops in a preheated skillet as not to over crowd. Feel free to use a little olive oil or butter when cooking for flavoring! Cook to an internal temperature of 130°F. Once that is reached, take off stove and cover for 5 minutes. Your serving temperature should be 135°F, a perfect medium rare.



## VEAL OSSO BUCO

**INGREDIENTS:**

4 Veal Shanks for Osso Buco
Flour as needed
1 Tbsp. olive oil
1 Tbsp. butter
1¼ cup finely chopped onions
⅓ cup finely chopped carrots
⅓ cup finely chopped celery
2 cloves garlic, minced
½ tsp. dried marjoram
½ cup dry white wine
1 can (12 oz.) diced tomatoes
¾ cup veal stock or chicken broth
Salt and pepper to taste
Zest from 1 lemon
*Gremolata*:
1 Tbsp. minced fresh parsley, 1 tsp. lemon zest and 2 minced garlic cloves

1 Thaw veal shanks on a plate in the refrigerator overnight. Preheat oven to 350°F.

2 Tie each piece of veal around the perimeter to hold the meat to the bone. Lightly dust with flour. Heat large oven-proof pan over medium-high heat. Add oil and butter. Brown the veal on all sides and then remove from pan and reserve in a warm place. Add the onions, carrots, celery, garlic and marjoram to the pan and cook until soft. Add wine, deglaze the pan, and reduce by half. Add tomatoes and stock; simmer 10 minutes. Season with salt and pepper. Return browned veal shanks to the mixture, add lemon peel. Cover and place in oven for 1 to 1¼ hours or until fork tender.

3 Remove veal; keep warm. Puree the sauce in the pan, taste, adjust seasoning, and return meat to the sauce. For the gremolata, combine the parsley, lemon zest, and garlic.

4 To serve, remove the string from the shanks, serve with sauce. Sprinkle with gremolata.



## BONELESS CHICKEN BREASTS

Boneless chicken breasts are always an item to have on hand for a quick meal. Chicken breasts can dry out easily, so they're best cooked quickly over high heat. Bake, grill or skillet prepare until internal temperature reaches 165°F.



## CHICKEN WELLINGTON

Remove from packaging and place on parchment-lined baking sheet.

**OVEN:** Bake from frozen in upper rack of oven at 375 degrees F. Bake until the pastry is golden brown and center registers 165F, approximately 55-60 minutes. Appliances vary, adjust accordingly.



## HONEY ALMOND BONELESS CHICKEN BREAST RECIPE

**4 SERVINGS**

**20 MIN** Prep Time

**20 MIN** Cook Time

**INGREDIENTS**

- 4 Boneless Chicken Breasts
- 1/4 cup honey
- 1/4 cup almonds, sliced and toasted
- salt and pepper to taste

**INSTRUCTIONS:** Season Boneless Chicken Breasts with salt and pepper on both sides. Place on a hot grill, and grill on both sides until almost done. When the chicken is almost done, brush the top of the chicken breast with the honey, and then sprinkle with almonds. Place the lid on the grill and let glaze on top. Cook just about 1 minute more until chicken is done, being careful not to burn the almonds. Pull off the grill and allow it to rest a few moments before serving. Serve with any type of rice and steamed vegetables.

***Note: if your honey is particularly thick, you can mix it with just a little bit of hot water to thin it out so it will brush on better.



## STUFFED CHICKEN BREASTS

Hand-cut and hand-rolled chicken breast leaves a lasting impression…loaded with homemade, traditional bread stuffing, our Boneless Chicken Breast delivers savory perfection to any special meal.

Remove from packaging and place on a baking sheet treated with cooking spray.

**OVEN:** Bake from frozen at 375°F for 25 minutes or until internal temperature of 165°F is reached. Appliances vary, adjust accordingly.

## SALMON 101

**Sockeye (Red) Salmon** is a species known for its rich flavor, deep red color and firm texture.

**King (Chinook) Salmon** is one of the largest salmon species prized for its high Omega-3 content and succulent meat.

**Smoked Salmon** is a blanket term for any salmon cured with hot or cold smoke.

**Hot-smoked** is smoked at 120°F to 180°F for 6 to 12 hours, fully-cooking the salmon giving it a flaky texture.

**Cold-smoked** is cured before smoking at 75°F to 85°F, usually for 6 to 12 hours. Cold smoked is best used in uncooked dishes, because heat changes the silky texture.

**Nova** is cured, then cold smoked.

**Lox** is cured in a salted brine, and only sometimes smoked.

**Gravlax**, a Swedish preparation, is cured in salt, sugar and dill.



### WILD SOCKEYE SALMON

**THAW** on a plate in the refrigerator overnight. When ready to prepare, preheat the oven to 400°F. Remove salmon from packaging and place skin-side down on a sheet pan sprayed with non-stick oil. Bake for 15-22 minutes or until internal temperature reaches 150°F when measured with a thermometer.

**FROZEN:** Preheat the oven to 400°F. Remove salmon from packaging and place skin-side down on a sheet pan sprayed with nonstick oil. Bake for 30-35 minutes or until internal temperature reaches 150°F when measured with a thermometer.



### WILD CHILEAN SEA BASS

**THAW** on a plate in the refrigerator for several hours or overnight.

**OVEN:** Preheat oven to 350°F. Heat a small amount of olive oil in an oven-proof pan until hot. Sear sea bass one minute per side. Place in oven; cook 10 to 12 minutes. Adding a little water or white wine to the pan while cooking provides extra flavor and moisture.



### WILD HALIBUT

Delicate flaky white fish you can grill, pan sear or bake. You want a white opaque look while the fish becomes flaky on all cooking methods.

**THAW** on a plate in the refrigerator.

**OVEN:** Preheat oven to 400°F. Brush fillets lightly with melted butter or olive oil. Season as desired. Place fillets on a baking sheet. Bake for 12-14 minutes, until opaque throughout.

**GRILL:** Preheat the grill. Brush fillets with melted butter or olive oil. Season as desired. Grill fillets 5-6 minutes on each side, until opaque throughout.

**STOVE TOP:** Preheat 1 tsp of olive oil per portion in a sauté pan over medium heat. Season fillets as desired. Place fillets in pan and cook for 5-6 minutes. Flip and continue to cook for 4-5 minutes.



### WILD AHI TUNA

**THAW** on a plate in the refrigerator immediately prior to use.

**OVEN:** Preheat oven to 350°F. Heat a small amount of olive oil in an oven-proof pan until hot. Sear Ahi Tuna one minute per side. Place in oven; cook 10 to 12 minutes.

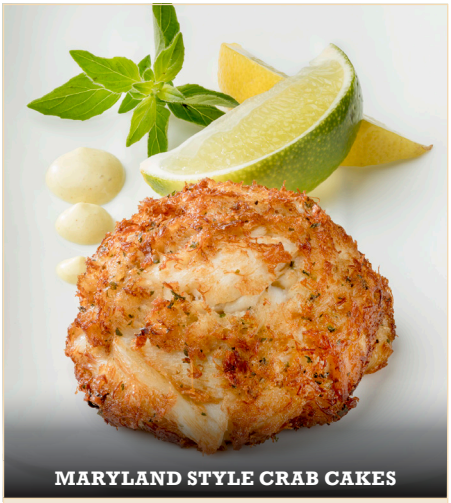
**GRILL:** Preheat grill. Brush Ahi Tuna Fillets with olive oil. Season as desired. Grill Fillets for 1 minute on each side, or until seared. Thicker portions may take slightly longer. Avoid over cooking.



## LOBSTER WELLINGTON
(DO NOT MICROWAVE)

**THAW** on a plate in the refrigerator for 6 to 8 hours or overnight.

**OVEN:** Preheat oven to 400°F. Remove from packaging and place on a baking sheet. Bake 30 minutes until golden brown. Serve immediately.



## MARYLAND STYLE CRAB CAKES

Cook to an internal temperature of 165°F.

**FROZEN:** Preheat oven to 400°F place frozen cakes on greased baking sheet and bake for approximately 20 minutes.

**THAWED:** Thaw on a plate in the refrigerator. Preheat oven to 400°F, place cakes on greased baking sheet and back for approximately 15 minutes at 400°F.

**STOVE TOP:** (not recommended from frozen state) Cook cakes in frying pan or skillet for approximately 5 minutes each side at medium heat.



## NORTH ATLANTIC LOBSTER TAILS

**THAW** on a plate in the refrigerator overnight.

**OVEN:** Preheat oven to 350°F. Split the top shell lengthwise through the center using a sharp knife or kitchen shears. Pull shell apart slightly. Place the tails, split side up, in a pan with 1-inch of water. Put 1 tsp. butter on each tail. Sprinkle each tail with 1 tsp. paprika. Bake in oven until meat is solid white.

**STOVE TOP:** Bring a large pot of water to a boil. Carefully add FROZEN tails. Return to a boil; cook 5 to 6 minutes until shells turn orange-red and meat is solid white. If desired, serve with drawn butter.

**GRILL:** Thaw in refrigerator overnight. Place the tails shell side down on cutting board, and cut the tails lengthwise in half to expose the meat. Grill the tails shell side down over direct medium heat with lid closed approximately 8 minutes, or until meat is opaque.



## LOBSTER LOADED POTATOES

**THAW** on a plate in the refrigerator.

**OVEN:** Preheat oven to 375°F. Remove from packaging and place on a baking sheet. Bake for 24 to 28 minutes or until internal temperature reaches 165°F.

## HOW TO MAKE DRAWN BUTTER

Melt butter in a small saucepan over low heat until it foams and solids sink to the bottom of the pan. Remove from heat. Skim foam from top; discard. Carefully pour clear butter into container, leaving any solids in pan. Serve warm with lobster or crab claws. Drawn butter can be made ahead and refrigerated, warm before serving. Warm on top of the stove or in microwave before serving.



# APPETIZERS & SIDES

Our versatile appetizers are a beautiful way to start a meal. From Crab and Lobster Mini Grilled Cheese to Crispy Asiago Asparagus, or Scallops Wrapped in Bacon, there's a taste for everyone at your dinner party.

Visit **kansascitysteaks.com** for detailed cooking directions for appetizers and sides.

"Planning your menu and prepping in advance relieves stress the day of- so keep appetizers easy, tasty and user friendly!"

***– Chef Sherri Williams***

START OFF RIGHT WITH

# AMAZING APPETIZERS



## CRAB AND LOBSTER MINI GRILLED CHEESE

Keep frozen until ready to prepare. Cut a slit in the plastic wrap and microwave for 30 seconds. Place sandwiches in a sauté pan and grill each side for 2-3 minutes or until golden brown and internal temperature reaches 165°F. Serve immediately.



## CRISPY ASIAGO ASPARAGUS

**OVEN:** Bake from frozen in a pre-heated 375°F oven for 16-18 minutes or until golden brown.



## SCALLOPS WRAPPED IN BACON

**OVEN:** Bake from frozen in a pre-heated 375°F oven for 18-20 minutes. Cook all product to an internal temperature of 165°F.



## MAC N' CHEESE MELTS

**OVEN:** bake from frozen in a pre-heated 350 °F oven for 12-14 minutes. Cook all product to an internal temperature of 165° F.



## BRIE EN CROUTE WITH RASPBERRY

**OVEN:** Bake from frozen in a pre-heated 400°F oven for 20-22 minutes. Cook to an internal temperature of 165°F.



## SHRIMP WRAPPED IN BACON

**OVEN:** Bake from frozen in a pre-heated 375°F oven for 18-20 minutes. Cook all product to an internal temperature of 165°F.

PAIR UP WITH

# SCRUMPTIOUS SIDES

For best results, cook all sides from FROZEN, unless specified. If a side is not listed below, check our website for cooking directions. Microwave ovens vary; cooking times may need to be adjusted.

Visit **kansascitysteaks.com** for detailed cooking directions for sides.



## TWICE BAKED POTATOES

***FROM FROZEN***

**MICROWAVE (*RECOMMENDED*):** Microwave (Recommended): Remove from packaging. For 8 oz. potatoes, microwave on high 3-4.5 minutes and for 5 oz. potatoes, microwave on high 2-2.5 minutes. Microwave ovens cooking times may vary.

**OVEN:** Remove from packaging. Preheat oven to 400°F. For 8 oz. potatoes, bake 40 minutes and for 5 oz. potatoes, bake 25 minutes.



## BROCCOLI AU GRATIN

**THAW** on a plate in the refrigerator overnight before heating.

**STOVE TOP**: Put Broccoli Au Gratin in an uncovered sauce pan. Heat on low for 18-20 minutes. Stir frequently. Let stand 2-3 minutes before serving.

**MICROWAVE**: Vent film wrap and microwave on high power for 3 minutes, stir thoroughly, and return to microwave for an additional 2 minutes, or until product reaches 165°F.

**IF FROZEN**: Thaw in microwave for 12-15 minutes then continue cooking as instructed above.



## MAC & CHEESE

Remove plastic covering; cook uncovered.

**THAWED**: Thaw on a plate in the refrigerator overnight or up to 48 hours. Preheat oven to 400°F. Bake 40-50 minutes until hot.

**FROZEN**: Preheat oven to 375°F. Bake 50-60 minutes until hot.



## KC STEAK FRIES

***FROM FROZEN***

**OVEN:** Remove from packaging; cook uncovered. Preheat oven to 450°F. Spread fries in a single layer on a baking sheet. Bake 18 to 20 minutes for a half sheet; 22 to 24 minutes for a full sheet, turning fries halfway through.

**DEEP-FRY:** Preheat oil in fryer to 375°F according to manufacturer's directions. Carefully add frozen fries. Cook 4 to 6 minutes or until golden brown. Remove from fryer; drain on wire rack.



## GOURMET CREAMED CORN

**FROZEN:** Cook covered with foil at 325°F for 30 minutes. Uncover, stir and then finish baking for 10-20 minutes.

**THAWED:** Follow the above directions but reduce cooking by 10-15 minutes.



## CREAMED SPINACH

**FROZEN:** Remove cover and bake at 350°F for 40 minutes. Stir before serving or transferring to your favorite dish. Container will be hot.

**THAWED:** Follow the above directions but reduce cooking by 10-15 minutes.



## HOT DOGS

**PARTIALLY THAW** hot dogs on a plate in the refrigerator.

Use scissors or kitchen shears to cut through the packaging. Hot dogs should measure a recommended internal temperature of 160°F using a meat thermometer before serving.

**GRILL:** Put partially thawed dogs on the grill and turn frequently to achieve even browning. It only takes a few minutes until they're perfect!

**GRILLING MACHINE:** Preheat machine for 5 minutes. Place hot dogs on the grilling machine and close lid. Use tongs, not a fork, to put them in and take them out.

**EXPERT TIP**

The key to a juicy beef hot dog is to use tongs; never a fork. If you stab the dog, all the juices will run out. Whether grilling, broiling, steaming, pan frying or boiling, the goal is to always heat evenly and quickly.



## STEAKBURGERS

***FROZEN OR THAWED***

Use easy-peel corner to remove top of plastic and take out patties. Steakburgers that are 5 ounces or less are packaged two per vacuum seal with wax paper separating each patty. Be sure to remove the wax paper before cooking. Steakburgers should be cooked to medium (160°F) doneness.



## BRISKET CHUCK BURGERS

Kansas City Steak Company brisket chuck burgers can be prepared from either frozen or thawed. Use easy peel corner to remove top of plastic and take out patties. Brisket Burgers are individually packaged.

**GRILL:** Sear burgers 1 minute on each side over direct heat to seal in juices. Move to indirect heat. Grill for 6 minutes per side until internal temperature reaches 160°F, checking to ensure patties are not burning. Do not press burgers with spatula.

**GRILLING MACHINE:** Preheat 5 minutes. Place burgers on grilling machine and close lid. Cook approximately 6 minutes until internal temperature reaches 160°F.

**BROIL:** Preheat oven broiler for 10 minutes. During broiling, the oven door on electric ranges should remain ajar; the oven door on gas ranges remains closed (consult your owner's manual for specific broiling guidelines). Place burgers on rack in broiler pan so the surface of the burger is 3 to 4 inches from the heat. Cook for approximately 6 minutes per side until internal temperature reaches 160°F.

**PAN FRYING:** Preheat a skillet or grill pan, place burgers in pan, cook on medium heat, flipping occasionally, until internal temperature reaches 160°F.



## KANSAS CITY — WE OWN BARBECUE

Our slow-smoked, rich-sauced, signature barbecued meat sets Kansas City apart. From Baby Back Ribs to Burnt Ends, Smoked Brisket to Sauces, we offer something for every barbecue lover, and help our city live up to its world-class reputation.

"No one does brisket and burnt ends quite like Kansas City! However, you can substitute brisket for any number of beef cuts. It will be a world-class experience just like our city's barbecue reputation."

***– Chef Dave Elliott***

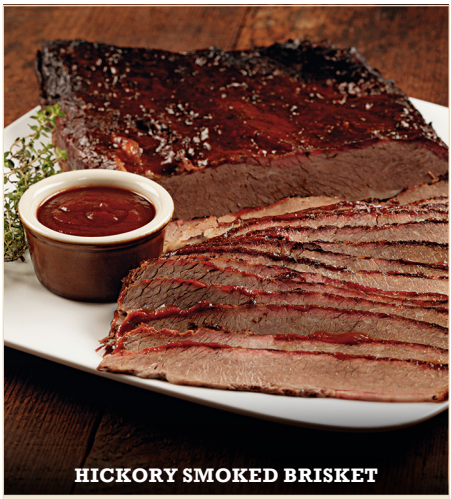


## SMOKED BABY BACK PORK RIBS

Fully-cooked and only need to be reheated to serve.

**THAW** on a plate or tray in the refrigerator for 1 day or overnight.

**OVEN:** Preheat oven to 325°F. For ribs with no sauce, remove from packaging, place on baking sheet and cover with aluminum foil. Cook until warm, about 1 hour. For ribs with sauce, follow directions above, but brush ribs with sauce prior to heating.



## HICKORY SMOKED BRISKET

Fully-cooked and only need to be reheated to serve.

**THAW** on a plate or tray in the refrigerator for 1 day or overnight.

**OVEN:** Preheat oven to 350°F. Remove from packaging and place in shallow baking dish. Cover and cook approximately 20 to 30 minutes or until warm (140°F).



## BEEF AND PORK BURNT ENDS

Fully-cooked and only need to be reheated to serve.

**THAW** on a plate or tray in the refrigerator for 1 day or overnight.

**STOVE TOP:** Place burnt ends in a small saucepan. Heat slowly, stirring over medium heat.

**MICROWAVE:** Remove burnt ends from packaging and put in a microwave safe container. Place in the microwave and cover while heating. Heat on high for approximately 3½ to 4½ minutes. Remove from microwave and rest for 2 minutes.




## CRAZY GOOD KC STYLE BARBECUE SAUCE

We combine sweet molasses, ripe, sun-grown tomatoes, a splash of tart vinegar and a little ground black pepper to create a 20.5 oz Crazy Good KC Style BBQ Sauce as exciting as Kansas City jazz circa 1932.

ESTABLISHED 1932

# Kansas City STEAK COMPANY™

*Business Gifts That Are A Cut Above*

Let us help you grow your business relationships.
The Kansas City Steak Company offers gift packages which are sure to impress your clients, employees and business associates.

Give us a call at **866.511.1527**
We are happy to help you design a program that meets your needs and budget.

@KansasCitySteaks @KansasCitySteaks @KCSteaks


CONTACT CUSTOMER SERVICE AT
The Kansas City Steak Company
PO Box 20566, Kansas City, MO 64195
**800.524.1844**
customerservice@kansascitysteaks.com

kansascitysteaks.com